



# SWIM SQUADS

**Hooked Swim** provides squad swimming programs catering for all levels and abilities.

## Adult Squads

Our adult squads are tailored to help take your swimming to the next level, with a focus on technique, fitness and fun. We cater for all swimmers, from those with a goal to get fit to those wanting to conquer Rottnest solo. The adult squads are coached by experienced and passionate coaches who are committed to helping you achieve your goals.

## Junior Squads

Our junior squads offer a range of options depending on your child's skills and abilities. Our first priority is getting your child hooked on swimming. Once they have a love for the swimming we focus on developing their strokes and skills, including dives and tumble turns. Junior squad numbers are limited to ensure your child gets the attention they need to continue to progress their swimming and reach their potential.

## Fitness Squads

Our fitness squads are created with a focus on community, fitness, technique and fun. These squads are suitable for high school students who have learnt the fundamentals of swimming. We encourage students getting ready for their school swimming carnival, water polo players, surf club swimmers, as well as junior triathletes to be a part of the fitness squad. Every session will be coached by experienced coaches who will help your child get the most out of every session.

**Please enquire for training times, prices and to book you first session.**

**Location** Scotch College Pool

